

Footie's Fun Day



Foundation

As there's no school sports day this year, Footie, Sweet Caroline and their friends at the Irish FA have created some challenges for you and your school friends to try at home instead.

There are eight events. You can try some or have a go at them all.



Footie's Fun Day Events

1. Sprint
2. Egg and spoon sprint
3. Speed dribble
4. Toe-taps
5. Target throw
6. Jump for distance
7. Jump for height
8. Partner Passing Challenge



Footie and Sweet Caroline can't wait to see how you do.

We hope you have lots of fun. Good luck!

LET THEM PLAY

Footie's Fun Day



1. SPRINT

Foundation

You need:

- Two markers that are 10 metres apart. You can use anything from shoes to garden objects
- Someone to time you and tell you when to go
- A stopwatch



When you hear "**Go**", run as fast as you can to the marker, turn and run back to the start.

Keep going until you have completed the distance for your year group.

- **Years 1-4:** 40 metres (10m x 4)
- **Years 5-7:** 60 metres (10m x 6)

Remember to look straight ahead, pump your arms and bend your knees when you turn.

Footie got 18.82 seconds. Can you beat him?

Have a go and have fun!

LET THEM PLAY

Footie's Fun Day

2. EGG and SPOON SPRINT



Foundation

You need:

- Two markers that are 10 metres apart. You can use anything like shoes or garden objects
- Someone to time you and tell you when to go
- A stopwatch
- A big spoon
- A boiled egg or something similar in shape and size, like a small potato or a lime

Balance the egg on your spoon.

Hold the spoon out in front with your other hand behind your back.

You must hold only the handle of the spoon. You can't hold the egg.

When you hear "**Go**", move as fast as you can to the marker, then turn and move quickly back to the start.

Keep going until you have completed the distance for your year group.

- **Years 1-4:** 20 metres (10m x 2)

- **Years 5-7:** 30 metres (10m x 3)

Remember to keep your shoulders down and keep your hand slightly in front of your body.

If the egg falls, start again.

Sweet Caroline got 27.31 seconds. Can you beat her?

Have a go and have fun!



LET THEM PLAY

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3. SPEED DRIBBLE



Foundation

You need:

- Two markers that are 10 metres apart. You could use anything from a tennis ball to a toy car
- A ball
- Someone to time you and tell you when to go
- A stopwatch

When you hear “Go”, dribble the ball as fast as you can to the marker, turn and dribble back to the start.

Keep going until you have completed the distance for your year group.

- **Years 1-4:** 20 metres (10m x 2)
- **Years 5-7:** 30 metres (10m x 3)

Remember to use both the inside and outside of your foot. Keep the ball close to your body using soft touches so that you can turn quicker. You must stop the ball with the sole/bottom of your foot when you finish.

Footie got 18.54 seconds.
Can you beat him?

Have a go and have fun!



LET THEM PLAY

Footie's Fun Day



4. TOE-TAPS

Foundation

You need:

- A football
- Some space
- Someone to time you and tell you when to go and stop
- A stopwatch

You will start with the ball in front of you on the ground.

When you hear "**Go**", do as many toe-taps as fast as you can until you hear "**Stop**".

- If you are in **years 1-4**, you have **20 seconds**
- If you are in **years 5-7**, you have **30 seconds**

You must use one foot, and then the other.

Remember, tap the ball lightly. Do not stand or lean on it.

You might want to have a couple of practice goes first.

If you are trying toe-taps for the first time, bring your foot down to the ground before bringing your other foot up on top of the ball.

When you get better or if you have tried this before, you can swap your feet at the same time to go faster.

Count how many toe-taps you do before the timer stops.

Sweet Caroline got 27 in 30 seconds. Can you beat her?

Have a go and have fun!



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5. TARGET THROW



Foundation

You need:

- A bucket or cardboard box
- Garden fence or wall
- A marker. You could use a shoe or mark a line on the ground with some chalk
- A small ball or some socks bunched together
- Someone to time you and tell you when to go and stop
- A stopwatch



Place the bucket up against your garden fence or a wall. Don't stand too close to the wall in case you hit it when you jump.

You will start behind the marker.

- If you are in **years 1-4** the marker is **two metres** from the box
- If you are in **years 5-7** the marker is **three metres** from the box

When you hear "**Go**", throw the ball/sock and try to land it in the bucket.

Run as fast as you can to collect the ball, go back to the start and throw again.

If the ball hits the wall or fence before it goes in, it does not count.

Count how many you get in the bucket in 30 seconds.

Footie got four in 30 seconds. Can you beat him?

Have a go and have fun!

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6. JUMP FOR DISTANCE



Foundation

You need:

- Two markers. You could use a stone or some chalk to mark a line
- Someone to mark how far you jump
- A measuring tape

Start behind the marker with your feet shoulder-width apart.

When you are ready, jump as far in front as you possibly can and land on your feet.



Try to 'stick'. Don't move your feet, as if you are stuck in mud. Wait until someone marks where you landed – the back of your heel closest to the start.

If your feet move or you fall forward, you will have to try it again.

Remember to bend your knees a little and swing your arms back then forward just as you are about to jump.

Sweet Caroline got 87.6cm.
Can you beat her?

Have a go and have fun!

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7. JUMP FOR HEIGHT



Foundation



You need:

- A marker. You could use chalk or a post-it note
- A wall or fence
- Someone to measure and mark your height and your jump
- A measuring tape

Start by standing beside a wall or fence with your feet shoulder-width apart.

You should have one shoulder close to the wall and one shoulder away from it. Don't stand too close to the wall in case you hit it when you jump.

Place a post-it note or chalk in your hand closest to the fence or wall. When you are ready jump as high as you can and touch the wall with your marker.

Have someone measure the height from the ground to the marker.

Your score is the height of the marker minus your height.

Remember to bend your knees a little and swing your arms back, then forward and up just as you are about to jump.

Footie jumped 16.7cm. Can you beat him?

Have a go and have fun!

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8. Partner Passing Challenge



Foundation

You need:

- Two markers. You can use shoes or garden objects
- A partner
- A ball
- Someone to measure the distance between two markers and to time you.

You will start with the ball beside one of the markers.

Your partner will stand beside the other marker, facing you.

- **Years 1-4:** One metre
- **Years 5-7:** Two metres

When you hear "Go", you will pass the ball to your partner and your partner will pass it back to you.

Do this as many times as you can in 30 seconds and count how many passes you and your partner get together.

Remember to pass with the inside of your foot (push your heel down and toe up).

You can take one touch if you feel confident and want to go faster.

If you need to, take two touches to keep the ball under control and to make sure it does not roll away.

Footie and Sweet Caroline got 14.
Can you beat them?

Have a go and have fun!



LET THEM PLAY